

Lite Fried Okra

Makes: 4 servings

Ingredients

2 cups okra (fresh, sliced)
3/4 teaspoon vegetable oil
1/8 teaspoon salt
1/8 teaspoon pepper
cooking spray (nonstick, as needed)

Directions

1. Wash hands with warm water and soap.
2. In a bowl, mix sliced okra, oil, salt and pepper.
3. Coat a large fry pan with cooking spray.
4. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula.
5. Cook until okra is browned, about 10 minutes.
6. Serve with hot sauce or favorite relish.

Arizona Nutrition Network, Champions for Change Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	75	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	4 g	1%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	76 mg	76%

MyPlate Food Groups

Vegetables	1/2 cup
------------	---------